

## Air-Fried Lemon Cod Inspired by Puglia

Prep Time: 15 minutes

Cook Time: 12 minutes

Total Time: 27 minutes

Servings: 4

### Ingredients:

- 4 Cod Fillets (about 6 ounces each): Cut to preferred size. (Total of 24 ounces for 4 servings)
- 2 tablespoons Olive Oil.
- Juice of 1 Fresh Lemon.
- Zest of 1 Lemon.
- 2 tablespoons Capers: Drained.
- Salt and Pepper: To taste.
- Your Choice of Herbs/Spices: For additional flavoring.

### Instructions:

1. Preheat Your Air Fryer: Warm up your air fryer (consult your air fryer's manual for the recommended preheat setting).
2. Prepare the Cod Fillets: Ensure they are cut to your preferred size. Each fillet should be about 6 ounces for a hearty individual serving.
3. Create the Marinade: In a bowl, mix together 2 tablespoons of olive oil, the juice of one fresh lemon, and your choice of herbs and spices. Whisk these ingredients until well combined.
4. Coat the Cod: Using a basting brush, gently apply the marinade evenly on both sides of each cod fillet.
5. Season: Lightly season each fillet with salt and pepper according to your taste preference.

6. Air Frying: Place the cod fillets in the air fryer basket. Set the air fryer to cook at 375°F. Cook the fillets for approximately 12 minutes, or until they reach an internal temperature of 145°F (as measured by a food thermometer), indicating they are cooked through.

7. Finishing Touches: Once the cod fillets are cooked, remove them from the air fryer. Immediately zest fresh lemon over each fillet for an added zing, and top each with a sprinkle of capers and a drizzle of lemon juice.

8. Serve: Your Air-Fried Lemon Cod is now ready to be enjoyed. Serve immediately for the best flavor experience.

Note: Cooking times may vary slightly based on the thickness of your cod fillets and the specific model of your air fryer. Always use a food thermometer to ensure the fish is cooked to the safe internal temperature.